

A color photograph of a woman with short, wavy blonde hair, smiling at the camera. She is wearing a bright pink long-sleeved shirt and a thin necklace with a small pendant. Her right hand rests on the back of a light-colored wooden chair. The background is a soft-focus green, suggesting an outdoor setting like a park or garden.

JUNE 2005

Facets

FOR WOMEN

**Susan
McGeeney:
making time
for recreation**

**Child care's
impact to
Iowa's
economy**

**Perfect
picnic
foods**

Notes from the Newsroom

by Rebecca A. Petersen

The June Facets is intended to inspire Mid-Iowa women to get outside.

You have my blessing to sacrifice your perfect hairdo for a little Iowa humidity and the warmth that summer sunshine brings to your soul.

Perhaps you'll gain a little motivation from Susan McGeeney, an Ames woman who has become active on the Ames Parks and Recreation Commission. After years of working and raising a family, McGeeney decided to retire to volunteering for a cause she loves, recreation.

McGeeney truly believes in the mission of the Ames Parks and Recreation Department, "To enrich lives by providing excellent parks, facilities and programs for current and future generations."

Food Diva Frances Wilke has

some advice for planning that perfect picnic getaway. But keep the mayonnaise-infused foods on ice. There's no reason that your only memories of a fun-filled picnic are of the trip to the doctor.

Debra Atkinson tells us about a group of Ames women who use the outdoors as a way to challenge their mental and physical fitness.

All of these women should inspire us to get outside and enjoy the wonderful park system here in Ames.

Heidi Marttila-Losure offers her take on a popular June event — weddings. She argues that wedding bliss isn't defined by how much you charge on your American Express card.

Her column got me thinking about weddings.

My great friend Jessica recently got engaged to her wonderful

fiancé, James. The two plan to wed in 2006 and despite her objections to wedding talk because of the looming Iowa Bar Exam, location discussion is in full force. All Jessica and James really want is an event where they can share their love of each other with friends and family.

So I've been thinking about my wedding in September 2001. The weather was beautiful. The guest list included all the people we wanted. The decorations in the park where we exchanged vows were perfectly arranged by our friends Sage, Sue and Kelly.

Little did I realize that four years later, I'd wished I'd done it completely different.

My father offered to give me more money for my wedding if Eric and I had eloped. We should have taken him up on an offer

mostly intended to keep my father out of a tuxedo.

Too often young couples get wrapped up in the idea that their weddings should mimic those featured in fashion and bridal magazines. A sister of one of my friends spent more on her wedding than it'd take to feed a third-world country, — an estimated \$100,000.

In retrospect, I should have taken my father's money and bought a really comfortable pair of jeans, new shoes and thrown a big party with great food and drink. Eric and I should have exchanged vows in the county courthouse.

So as you head out to June weddings, give the bride and groom a break if they don't follow cultural protocol. Let them play Paul Anka instead of the "Electric Slide." ♦

AMERICAN COUNTRY
FURNITURE • GIFTS • INTERIOR DESIGN



327 Main Street, Ames • 232-7813
www.americancountryhomestore.com

GREAT STUFF LTD.
SELECTIVE CONSIGNMENT STORE



FURNITURE • GLASSWARE • ANTIQUES
HOME ACCESSORIES • JEWELRY



312 Main St. • 515-233-1396
Tues.-Sat. 10-5, Thurs. til 8

CALL TODAY FOR CONSIGNMENT APPOINTMENTS!

WELCOME TO

Facets

FACETS IS A SUPPLEMENT TO THE TRIBUNE

IN THIS ISSUE

- | | |
|---|--|
| 2 Notes from the newsroom | 14 Garden: Dutch elm disease |
| 4 Fitness: Try training together | 16 Ladies in red: Raising awareness of heart disease in women |
| 6 Child care: Vital to Iowa's economy | 18 Food bites: Perfect picnic foods |
| 8 Health: Curing warts | 20 Mother & child: Patience really is a virtue |
| 12 Cover story: Susan McGeeney makes a change for recreation | 22 Hue & Cry: Avoid the bridal trap |

Facet > I. One of the flat surfaces cut on a gemstone.

2. The particular angle from which something is considered.

CONTRIBUTORS

STAFF WRITER

Rebecca A. Petersen

CREATIVE DIRECTOR

Buffy Sue Clatt

FACETS PAGE DESIGN

Linda Oppedal

GRAPHIC DESIGNERS

Brianne Osborn

Dave Clark

Celeste Jones

Katie Weber

ADVERTISING SALES

April Hoogland

Denise Sundvold

Tara Smith

call 232-2160 for sales information

COVER STORY PHOTOGRAPHY

Jon Britton



Holly's
Holly Larson, Owner

Woolrich
City Girl
Tribal
French Dressing

Graff
Alfred Dunner
Koret
Foxcroft

701 Story Street • Downtown Boone • (515) 432-8606

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9-5:30	9-5:30	9-5:30	9-8	9-5:30	9-5



HAPPY TRAILS

By Debra Atkinson

“I’m not a runner, a swimmer, or a biker, what am I doing here?” These words came from a woman just behind me. We were thigh-deep in lake water waiting for the start signal at the Iowa Games triathlon.

She was definitely out of her comfort zone but she was, like many women, choosing to do something a little uncomfortable and out of reach, that stretched her to new lengths.

Women are the fastest growing sector of triathlon competitors.

Multi-day walking, biking and cycling charity events are cropping up all over the country. Marathons and even ultra-marathons, continue to draw the interest of runners and walkers of all ages, shapes and sizes.

Even though such events might bring back unpleasant memories of competitive sports in school for some, the real competition seems to lie within. The friendship and camaraderie of training is matched by that apparent still at the events themselves.

As bikers and runners meet or pass each other in an out-and-back route, they call out words of encouragement and support. It isn’t the finish of the race that’s the focus as much as the human race.

Afterward, participants simultaneously exhausted and exhilarated with watermelon dripping down their chins, muse ‘what’s next?’

Training groups are formed for many reasons: common goals, convenient training times and coaching support. They are kept, though, by the number of belly

laughs shared after hard workouts, and the amount of socializing done outside of training.

Training groups are an excellent opportunity to build relationships and bonds with shared experiences. They include not only the blisters developed on a long run, but celebrating or commiserating life events and milestones.

Remember that birds of a feather fly together, and what you are surrounded by, you often become. You’ll find few pessimists at a starting line. But surrounding yourself

by optimists will lead you down that path — right through the park or around the lake!

Stretching their limits seems to be a growing pastime for these Ames women who have found the path to success is a happy trail.

Joyce Hagley says she's training for a marathon "because I can." She enjoys the bonds created during training and will miss that when weekly long runs don't get her group together any longer.

Jennifer Johnson wants to run a marathon in every state.

Kathleen Foster-Wendel, a McFarland Clinic pediatrician, is celebrating her 50th birthday this year with a run that is the same number of kilometers. It will be her second 50 K, the first celebrated on her 45th year on the planet. She has a love for distance running and the outdoors. She was 40 when she took up running, and it's her hope that she's still running at 80.

"It's the only thing in my life that I truly control," Foster-Wendel said.

Your personal marathon may not be 26.2 miles, a triathlon, or a 50K to commemorate your 50th birthday. It may be more, less or simply different. Regardless, once a week, get off the treadmill or the merry-go-round, and hit the road Jill!

Take a benchmark of your progress by assessing how many more steps you get into the same amount of time, or how much faster you make it around the lake. If allergies or other restraints keep you from the outdoors, you can still find ways to benchmark your goals inside. Place yourself as close to the window as you can. Set a program on the treadmill and monitor your heart rate. Watching your weekly adjustment to the workload is rewarding.

Beth Liechty, of Ames, has been running one to two marathons a year for the last few years, and did her first triathlon last summer. She likes the challenge that physical

goals offer in a life that is otherwise smooth sailing.

"No one else influences me except me and my efforts," she said, echoing Foster-Wendel's satisfaction in getting out there. Both see setting goals in activity as an important motivator in keeping active as they age. They are choosing to stay off the couch, off the curb, and in the race.

Karen Clark, of Ames, watched her husband compete in a triathlon 10 years before she was able to find the time to train and do one herself. A competitive spirit and natural athletic ability gave way to success in a triathlon, two years in a row for Clark. It's been another 10 years since she's competed, but it's once again a goal. Expect to see her at the starting line of the Iowa Games triathlon this year.

"Watching from the sidelines isn't nearly as much fun, even when it's your kids you're watching," she said.

The thing she remembers about watching her husband compete in the Ironman in Florida was the false impression that all who crossed the finish line were elite athletes in their prime.

"There was every body type there you'd see anywhere else. These are just ordinary people doing something extraordinary."

When we set goals higher than we think we can reach, and we get support, it changes us. The physical benefit is expected, but the most powerful reward will be psychological. You'll find your adherence and motivation stronger, your ability to take risks increases and your goals become loftier.

In every area, you begin living with fewer limits and boundaries. When that happens, you begin really living. That trail you're on just might be the yellow brick road. Click your heels together, Dorothy, and get out there. ♦

Debra Atkinson is a senior lecturer in Iowa State University's department of health and human performance and is a personal trainer at Ames Racquet and Fitness.



329 Main
232-5634

Hours: Mon-Sat 8:30-5:00
Thursdays Open Until 8:00

Marc Stephens and Friends
526 Main Street Station, Ames
956-4545

body in touch. heart at peace.



Our new Caribbean Therapy™ embraces you in the healing feel of Caribbean mountain, sun, sea and air. Reconnecting you to the Earth—and yourself—with the power of touch and the life force of island-sourced plants. Find peace—book a Caribbean Therapy™ spa appointment today and take home Caribbean Therapy™ Bath Soak and Body Creme.

Find other Aveda locations
at 800.328.0849
or aveda.com.

AVEDA
the art and science of pure flower and plant essences

Child care industry vital to Iowa's business climate, future workforce

By Kevin Brown

Researchers at Iowa State University have, for the first time, studied and documented the impact of Iowa's \$402.5 million child care industry on the state's economy — today and in the future.

"Child care plays three distinct yet inter-related roles in the Iowa economy," said Kathlene Larson, a researcher with Iowa State University's Community Development - Data Information and Analysis Laboratory. "It impacts the productivity of parents in the workforce. It affects the development of the next generation of Iowa's workforce. And, as an industry,

it affects the state as a consumer of goods and as an income-generating, tax-paying service industry."

Results of the study, "Child Care, Parents, and Work: The Economic Role of Child Care in Iowa" are available at www.extension.iastate.edu/cd-dial.

The number of Iowa women in the workforce with pre-school aged children increased by 35 percent from 1990 to 2000, from 56.3 percent to 75.9 percent. Data from the 2000 census shows that Iowa ranked third in the nation for the percentage of children under the age of six (71.4 percent) with all

parents working. Only North and South Dakota ranked higher. More recent statistics now have Iowa as high as first place in this category.

Today, more than 67 percent of the 517,000 children in Iowa age 12 and younger are in some type of child care while their parents work. Iowa's communities and businesses must have a stable, safe and cost effective child care system to function, Larson said.

However, the dependence on privately paid child care has resulted in low wages, low quality of care and high staff turnover, Larson said.

continued on page 15

**We meet
all your
party rental
needs.**

POOL TABLES • FOOSBALL • TABLE TENNIS • POKER •
AIR HOCKEY • BUMPER POOL • PINBALL MACHINES

KD Gameroom Supply
Your Home Entertainment Experts

4813 W. Lincoln Way, Ames • 292-2997

DON'T FORGET TO TAKE US ON VACATION

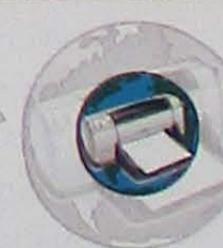
- Film
- Batteries
- X-Ray Bag
- Lens Cloth
- Memory Card
- Camera Strap
- Mini-Tripod
- Optics Clean Kit



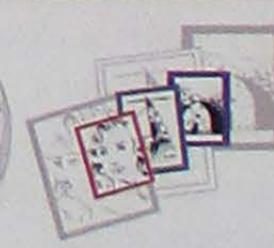
Print your digital photos online!



Upload photos
from your home...



...to our web
server...



...and we will
print them!

Walden Photo

317 Main Street • 232-8050 • waldenphoto.com



These plants are from **Golden Acres** in Tipton, Ia. Great care is taken, offering a healthy plant to the customer. Golden Acres includes 17 greenhouses, four cold frames and a transplanting building. Over 300 varieties of herbs and 1200 varieties of perennial plants and flowers are started from seed or propagated. Some 800,000 pots are filled and delivered by Golden Acres trucks and employees. This is the third season that we have carried their plants at Wheatsfield.

*We have a great variety of herbs and some flowers.
Come over and check us out!*

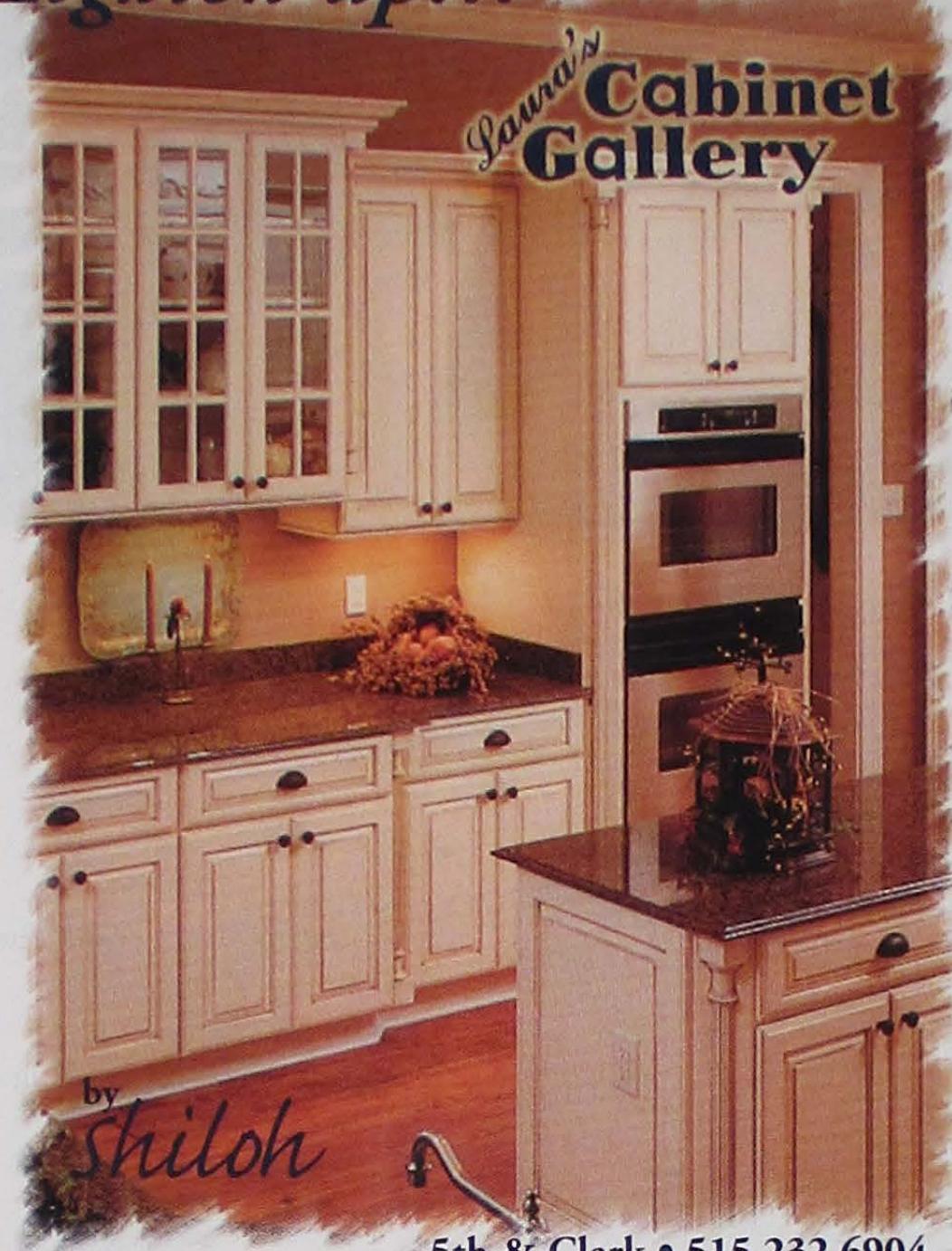


9am-9pm 7 days a week

413 Douglas Ave
232-4094

www.wheatsfield.coop

Lighten up...



5th & Clark • 515.232.6904

Open Weekdays (Evenings & Saturdays by appointment)

**Spring projects
are calling...
here is the answer!**



Jem Platinum 720

JANOME

SAME COMPACT SIZE, MORE STITCHES

Everything you love about our Jem Gold series—now with twice as many stitches plus computerized control. Perfect for sewing and quilting at home or on the go.

**AMES SEWING
&
VACUUM CENTER**

214 Main Street • Downtown Ames
232-1001

Fine jewelry...



like no other!!!

Ames Silversmithing

Designers and Goldsmiths
220 Main Downtown 232-0080
www.amessilversmithing.com

Curing Warts

by Charles W. Love M.D.

If you have ever had to have a wart treated, you know how frustrating it is to have one. Even with the best of the treatments available, some warts can prove to be a major frustration and expense. The most challenging cases are often the young children I see in our clinics.

What Are Warts?

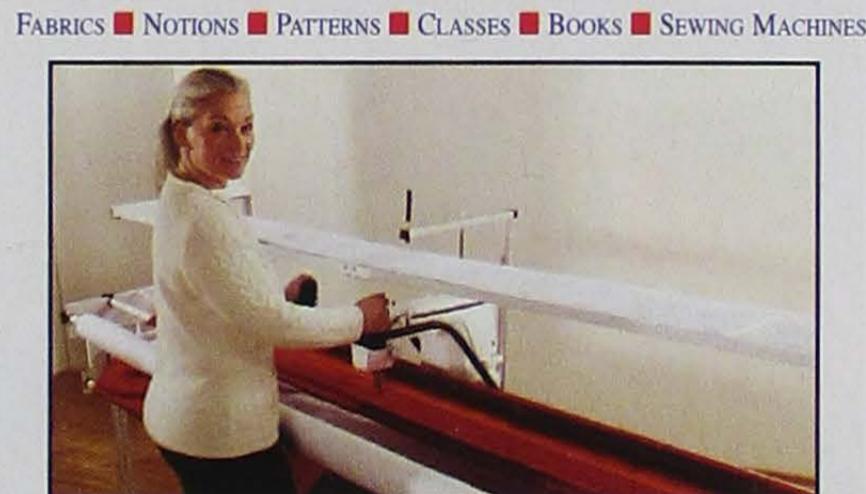
The human papilloma virus (HPV) causes warts. They range from flat, rough areas to very elevated rough bumps often with black dots on the surface of the wart. The most common locations for warts are on the hands and feet, but they can be found literally on any surface of the body including the mouth or



Husqvarna

VIKING

Quilting Connection



Coming Soon-The New MegaQuilter

High Speed (1600 Stitches/minute) straight stitch machine.

Large work area, Electronic Speed Control, Knee Lift.

Wild Women's Weekend

June 3,4,5- Register and join the fun!
Free Quilting Demos, Free Gift, Discounts
Open Sunday 10-4

Mon & Thur 10am-8pm

Tues, Wed & Fri 10am-5:30pm • Sat 10am-5pm



238 Main Street
Ames • 233-3048 • www.iaquilts.com



Girls in Bright Dresses



"Fresh Produce" Sportswear available at:

The Shoppes on Grand

6th & Grand • Ames
233-6010

genitals. Warts are much more common in children than adults. Some people are much more susceptible to the virus and will contract it more easily than others. It is estimated that up to 79 percent of the population has had at least one wart in their lifetime.

Can Warts Cause Cancer?

Warts can cause cancer in certain instances. Common warts do not cause cancer in healthy individuals.

Individuals who have immune deficiency due to organ transplantation, the HIV virus or rare genetic disorders, are susceptible to developing cancers from common warts.

Sexually transmitted warts are the leading cause of cervical cancer and precancerous changes. I have also treated men for skin cancer caused by sexually transmitted warts.

What Is The Best Way To Treat Warts?

While there are many ways to treat warts, none of them is completely satisfactory. I always tell patients that everything works some of the time, and nothing works all of the time. Evaluating wart treatments scientifically is difficult because a significant number of warts will spontaneously heal over a given time period.

Freezing with liquid nitrogen is the first line of treatment of warts. In my offices, we combine this with cantharidin, a naturally occurring medicine that causes blistering reactions in the skin, but is painless to apply. In children, we usually

use cantharidin alone to minimize trauma to our younger patients.

In resistant cases, I do a host of other treatments that include the application of acids, laser surgery, cutting and burning the warts or using medications to stimulate the immune system in the skin and chemotherapy drugs. Even tapping warts can be of benefit in some cases.

There are no vaccinations that are FDA-approved for treating warts, although there are some in the research stage.

There are no oral drugs that have consistently been proven to be effective in the treatment of warts.

All wart treatments have a 70 to 75 percent chance of having the wart stay away after it appears to be resolved.

How Long Will It Take For My Warts To Go Away?

Most warts will clear with two to three treatments spaced two weeks apart. However, I have treated some people for over a year before their warts finally resolved. The reason it takes so long in some people is that their immune system is very slow to recognize the wart virus as an invader in the skin.

If you are tired of the frustration of putting up with your warts, see your skin specialist to talk about what options would be best for ridding you of the frustration and working for the cure. ♦

Charles W. Love is the medical director of Radiant Complexions Dermatology Clinic in Ames.

A NEW CONCEPT IN SKIN CARE

WE TAKE CARE OF ALL YOUR DERMATOLOGY NEEDS

Spider Vein Treatments

Laser Hair Removal

Laser Photo Facials

Microdermabrasion

Chemical Peels

Botox

- Acne Treatments
- Allergic Reactions
- Eczema
- Fungal Infections
- Hair Problems
- Herpes Treatments
- Hives
- Itching
- Nail Problems
- Poison Ivy
- Psoriasis
- Rashes
- Rosacea
- Shingles
- Skin Cancer
- Warts & Moles



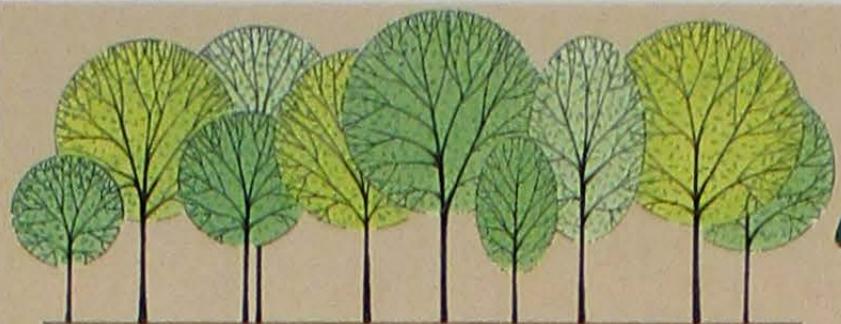
Radiant Complexions Dermatology Clinics

515.232.8844

**Liberty Building
2010 Philadelphia St, Suite #1, Ames**

www.radiantcomplexions.com

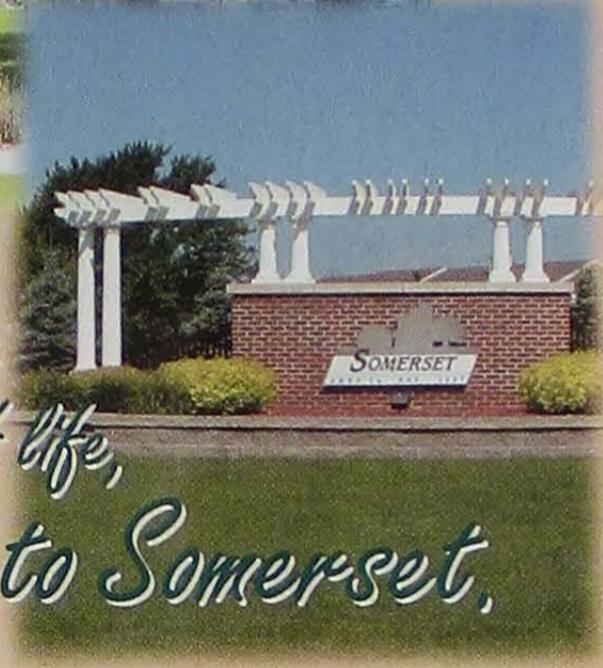
Accepting All Major Insurance Plans



Experience Somerset



For a better
way of life,
come home to Somerset.



Think Wine!



VILLAGE WINE MARKET
2613 Northridge Parkway • 515-292-4133
v.winemarket@mchsi.com

**Get a free gas card and a chance
to win a 0%^{APR*} vehicle loan!**

Come see us at:
801 Lincoln Way
2623 Northridge Parkway
110 Airport Road
or any of our branches in Denison,
Des Moines, Eldora, Johnston, Marshalltown,
or West Des Moines!

www.gicu.coop
232-6310



Through July 30th, with a vehicle loan, we are giving away a \$20 gasoline card and a chance to win 0% interest on the life of the loan! Check out our great rates on new and used vehicles - as low as 4.84% APR! Open to the community.



*Annual Percentage Rate. Some restrictions apply.

The Sun Will Come Out Tomorrow...Are You Ready?



Tiffany Lichtry-Gaffey
Hy-Vee Pharmacy

The Sun's Rays

Ultraviolet Radiation (UVR) is the prime contributor to tanning and sunburn of the skin. Some people mistakenly believe that protection is only needed when the sun is out, primarily in the hot, summer months.

- 70-80% of UVR penetrates cloud cover
- Snow reflects 85-100% of UVR, sand is similar
- Only 5% of UVR is reflected off the water, the other 95% will penetrate the water and increase risk of sunburn (reapply every time you get out of the water)

Sunburn Specifics

Sunburn typically presents as a superficial burn to the epidermis (outer layer) of the skin. It can be red, swollen, and quite painful—many times these symptoms do not present until 12-24 hours after the actual damage has happened. If fluid filled blistering of the skin, fever, or chills are present, a more serious burn may have occurred and should be examined by a physician.

Some medications may shorten the time it takes for you to burn, or may cause a reaction like sunburn called photosensitivity. Common medications that have this reaction to sun exposure include: sulfonamides, tetracyclines, some blood pressure medications, and many topical products used for acne and other skin conditions.

Sunscreen Specifics

- A broad-spectrum ingredient sunscreen is best—these usually contain a combination of sunscreens to provide the most complete coverage. Look for avobenzone in combination with oxybenzone, methyl anthranilate, or octocrylene.
- Sun Protection Factor (SPF) is a measure of how long a product will be protective. The majority of us should be using a moderate SPF protection (12-30 SPF)
- The 30+ SPF products are probably best suited for high risk persons, most studies show that benefit over SPF 30 is minimal.
- For children older than 6 months, it is best to use SPF 30.
- Correct application for an average adult in a bathing suit is approximately 4 teaspoonfuls to all exposed areas of the body
- Reapplication should occur every 40 minutes for a water resistant, and every 80 minutes for a very water resistant product. Reapplication should also take place every time you get out of the water, or experience increased sweating.

Treatment of Sunburn

The use of sunscreens and avoidance of sun exposure is not foolproof—sometimes sunburn still occurs—now what??

- Cool compresses can help relieve the pain and heat
- Moisturizers are helpful at preventing peeling (do not use if blisters have formed)
- Some topical pain reliever/skin protectant combinations may help alleviate symptoms (i.e. Aveeno anti-itch cream)
- If tolerated, some pain relievers such as ibuprofen or Tylenol may be helpful at reducing pain and inflammation of the area.
- Contrary to popular belief, aloe vera gels and lotions have no proven effectiveness, and are not recommended.

Hy-Vee®

HealthMarket®

NATURAL AND ORGANIC PRODUCTS

HELPING YOU LIVE HEALTHIER

Celebrate National Dairy Month With Your Hy-Vee Health Market



Organic Valley Milk

Whole, Reduced Fat,
1% and Fat Free

Now Available at Both Locations.



WEST AMES HY-VEE HEALTH MARKET

Amber Hamman
Registered Dietician
1013hmarket@hy-vee.com
292-5543

Stacy Tremel
Registered Dietician
1018hmarket@hy-vee.com
232-1961



LINCOLN CENTER HY-VEE HEALTH MARKET



Susan McGeeney decided to make a change for recreation

By **Rebecca A. Petersen**
Staff Writer

Susan McGeeney has been a mother, wife, school nurse, child counselor, pediatric nurse, fitness instructor, Lamaze coach, business owner, master's student and director of a child advocacy division in Story County since graduating from the University of Kansas in 1976.

Now at 51, this mother of four — who's worked so hard for so many years — is in the

middle of a new challenge just as rewarding.

It isn't a new chapter in her life, she said. It's a continuation.

McGeeney is in her second year of volunteering for the Ames Parks and Recreation Commission. This year she was recruited to serve as the commission's vice-chairwoman.

They didn't need to twist her arm too hard.

"My interest has always been there trying to instill values in our family of the importance of recreation," McGeeney said.

"Now I feel a large responsibility to promote it in the community."

McGeeney's other volunteer activities include the Lincoln Way Chapter of the Red Cross and the Stephens Fund, a fundraising group for CY Stephens Auditorium. In her spare time, she sews, quilts and works with stained glass.

She's known for asking thought-provoking questions as part of her work on the commission, said Ames Parks and Recreation Director Nancy Carroll.

"She's a community-minded person. She's really taken on her role as a commission member with gusto. That's impressive," Carroll said.

McGeeney's plans for future work on the commission are to revisit the effort to expand the community's recreation facilities. There are low-level discussions about bringing a smaller bond referendum to voters.

To McGeeney, recreation facilities are an important aspect of quality of life in Mid-Iowa. She knows they're an important recruiting tool. Even she and her husband were told in 1992 that there would be a water park built soon.

So, she'll work to provide more places for Ames residents to get outside.

"I feel there's an economic benefit to providing more recreational facilities," she said.

Make time for leisure

From the time her four children were babies — the oldest is now 26 — she'd have them outside. Biking, camping, soccer and baseball were all part of their formative years. McGeeney is a former gymnast, who also loved softball, waterskiing and swimming.

These days you'll find her on a bike or taking an aerobics class. She exercises four to five times a week on average.

But clear the image of Jane Fonda from your mind. McGeeney doesn't walk around in Lycra or suggest workouts for slightly overweight reporters. To her, a workout could be a bike ride around her Northridge neighborhood. She takes more of a medical approach. Fitness and recreation are part of a mental and physical life plan.

Before moving to Ames in 1992, McGeeney and her husband Terry, a family practice

physician and medical director at McFarland Clinic, lived in Seneca, Kan. With a population of about 2,000, kids could easily organize a game of baseball in an afternoon. That's not as easy in Ames, McGeeney said, since facilities are often times filled with adult and kids' teams.

"Sometimes we need space for leisure," she said. "I think there's always more we can do."

A new opportunity

McGeeney began as a physical education major at Kansas State University. But she soon discovered that nursing was her career choice. After completing clinic work at Kansas University in 1976, she worked as a pediatric nurse.

She and her husband, Terry, met over a pediatric patient. Terry was a third-year medical student. Susan was a pediatric nurse, who needed Terry's help to secure a spinal tap for a young boy named Michael.

The two eventually married and moved to Seneca. While there, Susan had four children, earned a master's degree and opened a private practice for family counseling. She had found a new niche: working directly with families.

Terry was ready for a new challenge in his career. Susan was looking for a more diverse community. So in 1992, they moved to Ames.

Terry joined McFarland Clinic as a family practice physician. Susan worked in the now-defunct adolescent unit of Mary Greeley Medical Center for three years. Then she served as the director of Youth and Shelter Services' eastern Story County bureau for three years. Then she worked as a counselor in McFarland's mental health clinic.

When Terry was promoted

to medical director, Susan left the clinic to be Gilbert High School's school nurse.

Through all of this her children were growing up and moving out. So, when the youngest prepared to leave Ames for the University of Notre Dame to play soccer, McGeeney decided to take some time off. The free time also allowed her to help extended family members deal with medical problems.

Around the same time, Ames voters defeated a \$23.6 million referendum for an

indoor and outdoor aquatic center failed. McGeeney felt like she hadn't given her support to that project, or the community's recreation needs. So she decided to apply for position on the Ames Parks and Recreation Commission.

"I come from a background believing we need to provide recreational opportunities for all people," she said. ♦

Rebecca A. Petersen can be reached at 232-2161, Ext. 348 or at rpetersen@amestrib.com.



American Elm

“The come back kid”

By Mark Gleason

When we last left the American elm it was not just down, it was out. From the 1920s through the 1980s, Dutch elm disease swept through the northern United States like a Biblical pestilence, leaving millions of dead trees in thousands of towns. Today, only middle-aged and elderly people remember the soaring grace of elm-lined boulevards.

Nobody was more traumatized by this debacle than plant pathologists. The public looked to plant disease specialists for help against Dutch elm disease, but our best efforts barely even slowed the epidemic.

So maybe it's not surprising that plant pathologists are leading an elm revival.

For decades, plant breeders have been quietly seeking elms that can fight off Dutch elm disease. Today, we finally have some elms that could re-take the urban landscape.

The new elms are a diverse bunch. Some, like the cultivars ‘Independence,’ ‘New Harmony,’ and ‘Valley Forge,’ are true American elms, with naturally

high levels of resistance to Dutch elm disease. Others are Asian imports with built-in resistance, since they evolved with the fungus over many millennia. Still others are hybrids of Asian and American elms.

The elm comeback has been a slow and cautious one. For one thing, people who harbor painful memories of the Dutch elm disease epidemic may see elms as too risky. You can find some of the disease-resistant elms in larger garden centers, in catalogs, and online, but you have to look pretty hard.

Another reason for the slow revival of elms is that we are still learning the pluses and minuses of the new selections. Generally, elms are wonderfully well adapted to common rigors of urban environments like drought, compacted soil, and limited rooting area. But we need to know more about their regional adaptability. Can they tolerate the climate and other challenges of life in Iowa?

The need to know more about the new elms was the driving force behind the National Elm Trial. At 19 locations throughout the United States, 14 elm cultivars, all resistant to Dutch elm disease, are being planted in spring 2005. The trees will be scrutinized over the next 15 or so years. Notes will be taken on their hardiness and tolerance to such pests as the elm leaf beetle

and elm yellows disease. Results from the National Elm Trial sites will gradually reveal which elms thrive best in each part of the country.

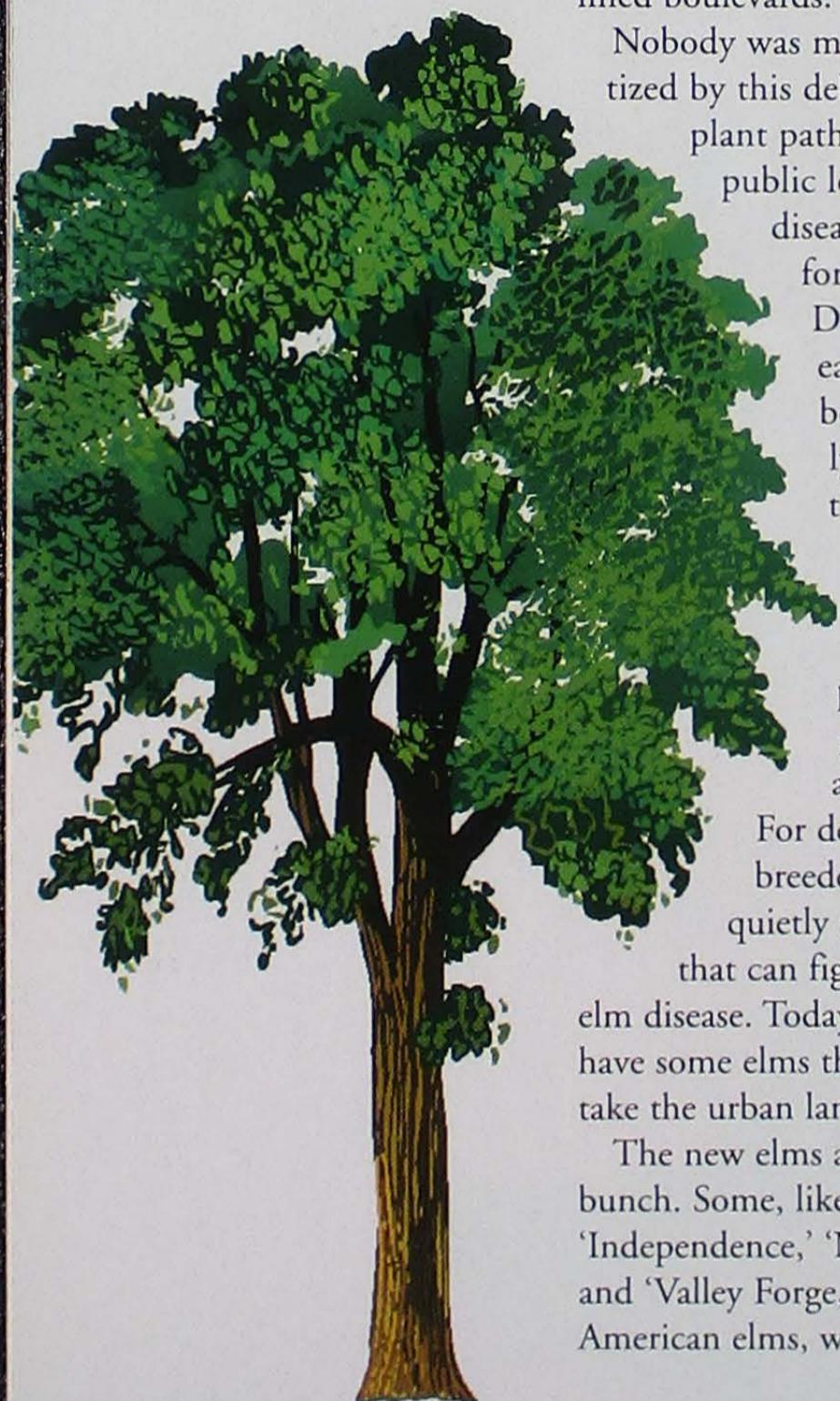
In Iowa, the National Elm Trial trees are being planted at the Iowa State University Horticulture Research Farm near Gilbert, just north of Ames. The public is welcome to visit the planting on weekdays from 8 a.m. to 4 p.m. Call the Horticulture Research Farm at (515) 232-1978, or Mark Gleason at (515) 294-0579, for directions to the trial site.

As the trial progresses, we will post our observations on an ISU Extension Web site, along with a map of the trial site, photos of the trees, and contacts for nurseries where they can be purchased.

It's heartening that we finally have some hopeful prospects for revival of elms in our communities. Stay tuned!

For more information about “Dutch Elm Disease and Disease-Resistant Elms,” (SUL 4) see Iowa State University Bulletin SUL 4, available for \$3 at ISU Extension County Offices or through ISU Extension Distribution online store at www.extension.iastate.edu/store/ or by calling (515) 294-5247. ♦

Mark Gleason is a plant pathologist for Iowa State University Extension.



continued from page 6

This is important because research has shown that children must have stable and high quality relationships in order to thrive and meet their potential as future members of Iowa's communities and workforce. Yet, the average child care provider earns less than convenience store workers.

"Sensitive and responsive adult/child interaction is critical for brain development in children younger than 5," said Susan Hegland, associate professor of human development and family studies. "And, parents tell us that the most frequent reason for changing child care arrangements is because of the caring nature of the provider. For lower income parents, that is the chief reason for changing child care providers."

In 2003, the Iowa child care industry employed more than 17,200 persons in the state, while an additional 1,500 jobs were created by related support industries (services and supplies).

The industry generated \$402.5 million in annual receipts and another \$144.4 million in indirect effects (supplies, food, salaries spent in the local communities, etc.). In addition, another \$121.9 million was generated in both corporate and personal taxes.

"What those statistics show is that for every \$1 spent on child care in the state, an additional 66 cents is added to Iowa's economy," Larson said.

Hegland said the study shows that in Iowa families with a child younger than 5, the father typically works more than 40 hours a week and the mother more than 25 hours a week. For parents with the youngest child between the ages of 5 and 12, the father typically works more than 44 hours a week and the mother works more than 30 hours a week.

"The majority of those parents say they need child care that is flexible; nearly half indicate that they would have to stop

working if child care were not available," Larson said. "Many parents of children between 5 and 12 years rely on before/after-school and summer care for their children to accommodate their work schedules."

Lower-income parents are more likely to use more than one provider in order to maintain coverage while they work. They also are less likely to have recently eaten a meal, read a book or played a learning game with their youngest child.

"In households where those activities do not regularly occur, children are less likely to be ready for school when they arrive at kindergarten."

The study also found that when parents are forced to change a child care provider, that search can take from two to four weeks — much of that search away from the job.

Some Iowa parents use only center-based care, Hegland said, because parents believe that the regulation of those programs

assures them of trained staff, planned activities, safety and adequate supervision. Other parents believe that the regulation of programs is not adequate, and rely on their personal relationship with a family child care provider to ensure high-quality care.

The study also shows that parents living in rural areas are more likely than their urban counterparts to say there are not good choices for child care in their communities.

"Bottom line, the study shows that child care in Iowa is an important industry that often is not understood in the areas of parent productivity and outcomes for children," Larson said. "Business groups such as the Iowa Business Council are beginning to see the importance of quality child care to the future economic growth of the state."♦

Kevin Brown is a communications specialist for Iowa State University's News Service division.

Bring the freshness indoors



Mary Kay's
FLOWERS & GIFTS Inc.

3134 Northwood Drive, Ames
The corner of Grand & Northwood
515-232-3993

June Special



\$200

Trade-in

Bring in your
old water
softener for
a new
Culligan
Soft-Minder.

Culligan
The world's source for better water®

Call 268-4886

Ladies in Red

First ladies dust off red dresses to fight women's heart disease



A display of red gowns, dresses and suits worn by first ladies since Lady Bird Johnson were unveiled at the John F. Kennedy Center for the Performing Arts to promote a heart health campaign for women. Photo by The Associated Press

By The Associated Press

The unquestioned love of Nancy Reagan's life was her husband, Ronald. But she's also had a long-running love affair with red dresses.

She and first lady Laura Bush are promoting a heart health campaign for women centered on those crimson-colored clothes. Called The Heart Truth's

First Ladies Red Dress Collection, it includes a historic medley of scarlet gowns, dresses and suits worn by Mrs. Reagan, Mrs., Bush, Lady Bird Johnson, Betty Ford, Rosalynn Carter, Barbara Bush and Hillary Rodham Clinton.

Mrs. Reagan and Mrs. Bush unveiled the collection in early May. The current first lady noted Mrs. Reagan's love of things red.

"Maybe her passion started when a dashing Ronald Reagan proposed to her in a red upholstered booth at a bistro in Los Angeles," Mrs. Bush said.

The Heart Truth is a national awareness campaign for women sponsored by the Department of Health and Human Services.

"Like many women, I assumed that heart disease was a man's disease," Mrs. Bush said. In fact, she noted, cardiovascular disease is expected to kill about a half-million women this year, 60,000 more than men. According to the National Institute of Health, heart disease is the number one killer of women in the United States.

The dress collection will be exhibited at the John F. Kennedy Center for the Performing Arts through May 30. Pins in the shape of a red dress are being used to promote the heart health campaign. ♦



Nancy Reagan, left, famous for her love of red dresses, and First Lady Laura Bush, right, laugh together at the John F. Kennedy Center for the Performing Arts as they help to open an exhibit promoting a heart health campaign for women, in Washington. Photo by The Associated Press

Curves.

The power to amaze yourself.TM

515-232-3828

620 Lincoln Way, Ste. 1
Ames 50010

515-432-2705

702 Story Street
Boone 50036

515-382-5175

1136 6th Street
Nevada 50201

641-754-1754

35 West State Street
Marshalltown 50158

Luxury design for every level.

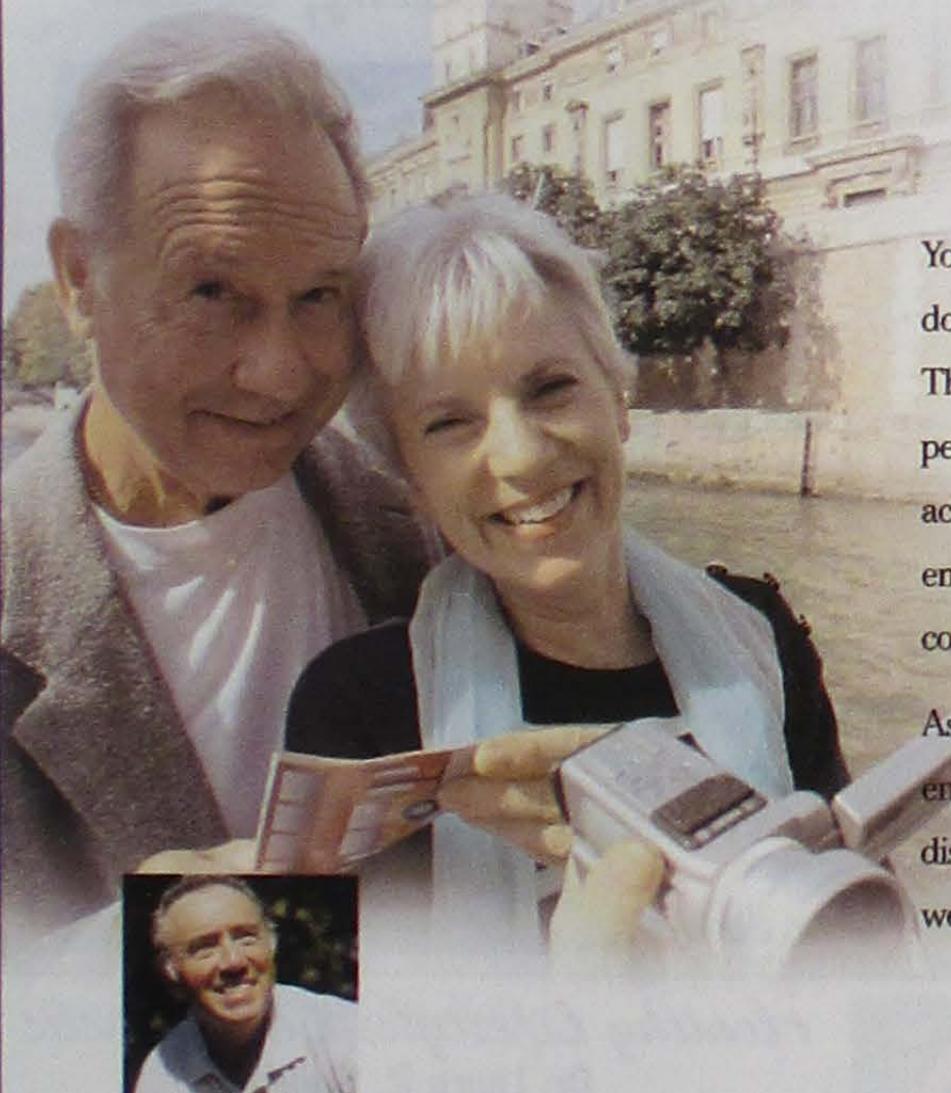


At KBH we design kitchens and baths for your lifestyle as well as your budget. We have quality products available at every level of investment. To discuss your project, please call for a free consultation.



KITCHEN, BATH & HOME • 201 MAIN STREET • AMES, IA • 50010
TEL 515.233.2604 • FAX 515.233.2605 • WWW.KBH.COM • JEANI@KBH.COM

Have the *time* of your *life!*



You can live well, age well and have fun doing it when you join *Prime Time Alive!* The program is specifically designed for people age 50 and better interested in achieving a vital balance of physical, emotional, financial and spiritual components in their lives.

As a member of *Prime Time Alive* you'll enjoy a variety of benefits including discounts on a variety of laboratory wellness screenings, massage therapy and



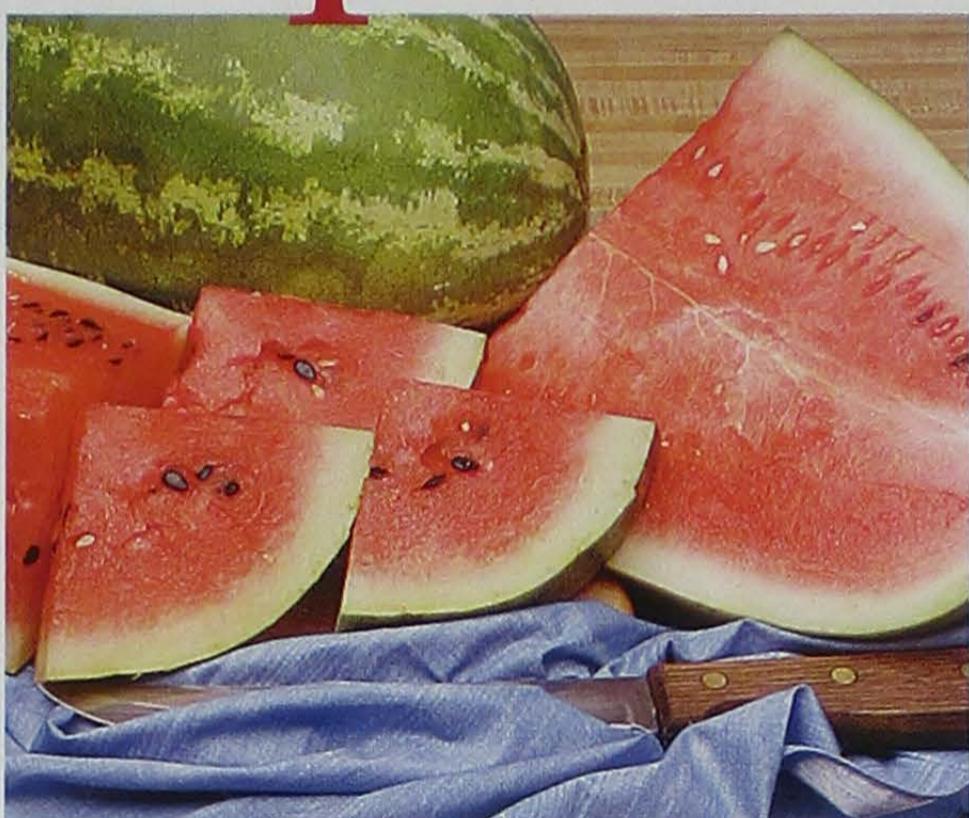
the Mary Greeley Medical Center cafeteria. You can take advantage of a variety of social events, health screenings, educational programs and more!

All these great benefits, and more, are available to you for only \$10 a year! To get more information about *Prime Time Alive*, call us at (800) 303-9574 or (515) 239-2423, e-mail us at yourhealth.primetimealive@mcmc.com, or check us out online at www.mcmc.org.

Mary Greeley Medical Center
PRIME **TIME**
Alive

perfect picnic foods

by Frances Wilke

watermelon

Watermelon. There's nothing better than a seed spitting contest with the young ones. Strawberries, blueberries and grapes are great if it is an especially hot day. Try freezing the grapes; they become a natural mini popsicle.

raw veggie platters



Honda Odyssey
An Elevated Level of Style!



JORDAN
HONDA - AMES
2901 SOUTH DUFF • 233-3316
jordanhondaofames.com

**Maybe the pain you're having
isn't just *you* getting older.**

low back pain

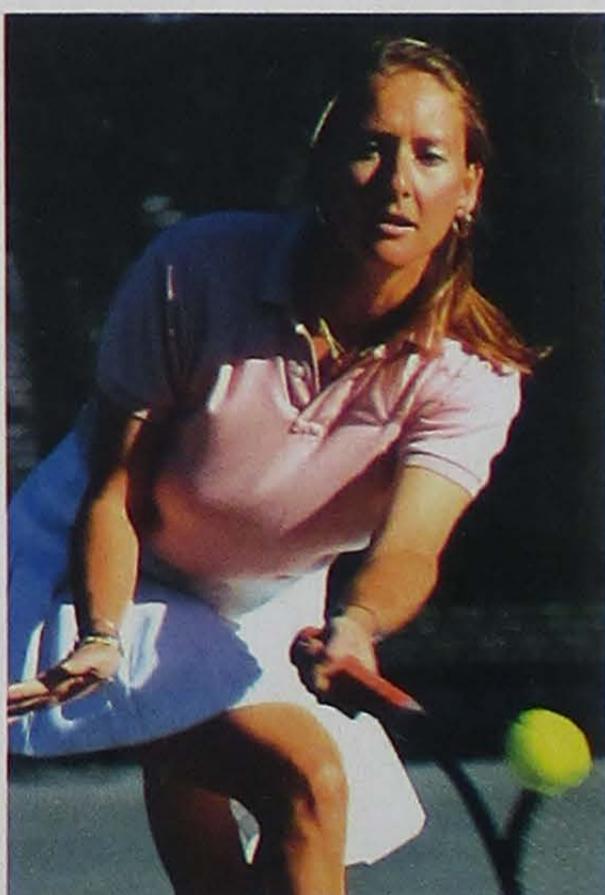
headache

neck pain

sciatica

carpal tunnel
syndrome

tennis elbow



Healthy Lifestyles Chiropractic
Dr. Laura R. Galvin
213 N Duff #5
Ames, Iowa
(515) 233-2217

cheese

Cheese to please and don't forget the crackers.

With so many varieties available, from Laughing Cow to Camembert, finding a family favorite should be easy.



salami

Last, but not forgotten, is the dry salami. I know it is one of those 'naughty' foods for the obvious health reasons, but on occasions such as a picnic, bring it on. My favorite is the type rolled in black pepper.



sandwiches

Sandwiches can be made ahead of time. Lightly butter the bread so the filling won't make it soggy.



And now for something completely different, Veggie roll ups

veggie roll ups

Two carrots
Two celery sticks
One green pepper
Half small red onion
One teaspoon of Lawry's Salt-Free 17 seasoning
One small can of chopped olives
One 8 oz. package of cream cheese
Small package of flour tortillas

Clean and dice vegetables, mix the first seven ingredients well and spread on flour tortillas. Roll up.

And lastly, don't forget, when you eat outside there are no crumbs to sweep up from under the table. ♦

UNIQUE VEHICLES For UNIQUE PEOPLE!

Only 40 Minutes From Ames

'05 Eclipse



2005
Galant



'05 Montero



'05 Outlander



'05 Lancer ES



2005
Endeavor



'05 Eclipse Spyder
Convertible



SAAB
now here!

'05 Lancer
Evolution



- 5 yr .60,000 mile Bumper to Bumper New Vehicle Warranty
- 10 yr. 100,000 mi. Powertrain Limited Warranty

DES MOINES
MITSUBISHI



Get it on the Road!

9060 Hickman, Clive, IA 50325 • 1-800-786-3506

www.dsommitsu.com • Just 4 Blocks West of 86th & Hickman

Coming this June!

premiere
numero uno
superlative
chief
first-class
tops
number one
queen bee

The **BEST** of Story County 2005

top dog

big cheese

king

one & only

primo

greatest
FINEST

Find out who YOU voted
as Story County's Best Of...
Food
Entertainment
Health & Beauty
Daily Living
Shopping
Automotive
Computers
Home Care





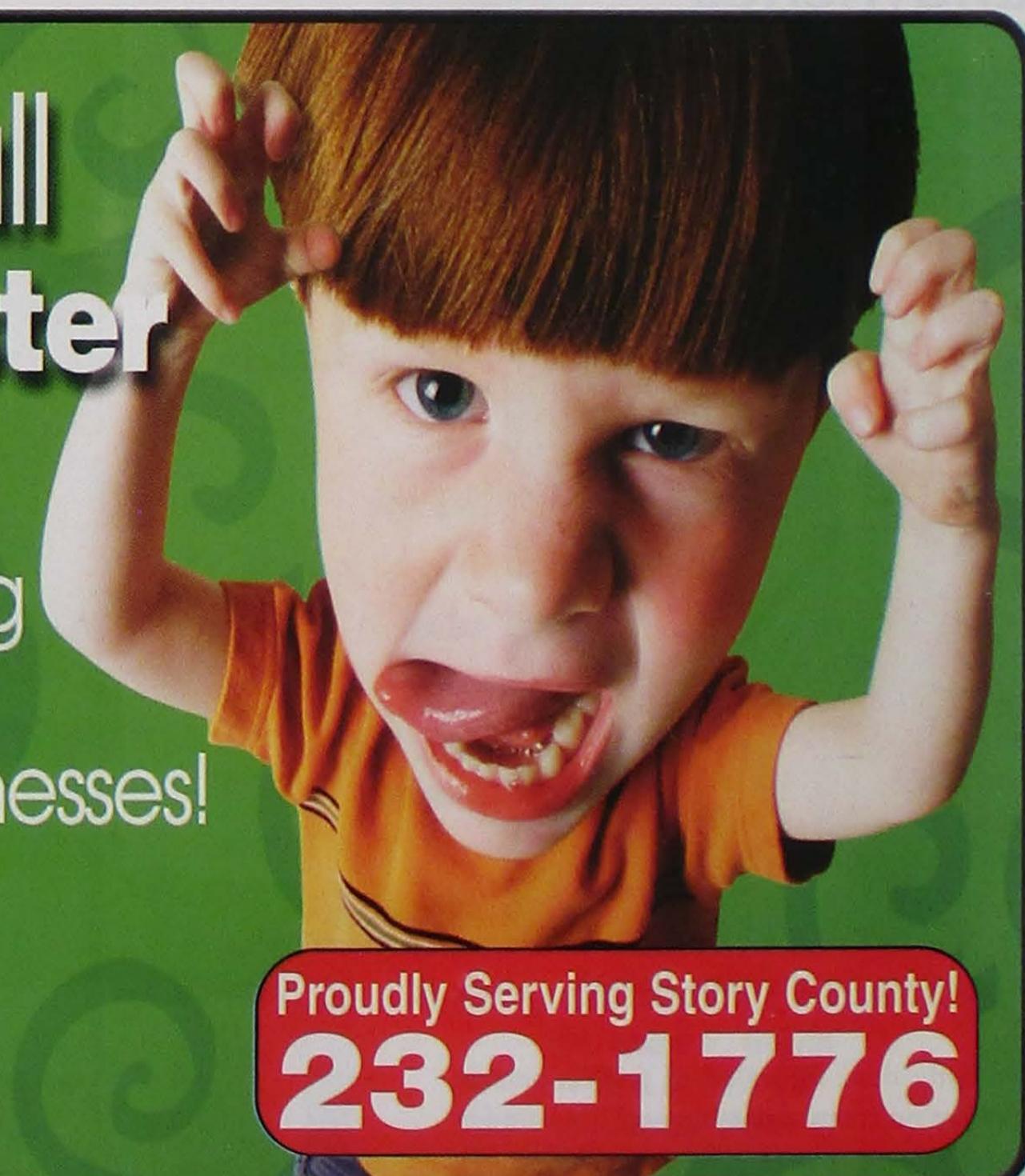
"And if you want them
to be more brilliant, read
them more fairy tales."

- Albert Einstein

Time To Call **ServiceMaster** **Clean!**

For all your cleaning
needs and those
unexpected little messes!

ServiceMASTER
Clean



Proudly Serving Story County!
232-1776

mother & child

By Malisa Rader

I recently baked cookies from scratch with my 6-year-old daughter. As we shared the experience, I realized what a lesson it was for both of us in learning to wait. We had to wait until I purchased all of the ingredients, wait for the cookies to bake, and finally, wait for them to cool before eating. Patience is not one of my virtues. I get frustrated with slow drivers, slow sales clerks, slow decision makers, slow checkout lines, and especially my own dawdling, no-hurry children.

Sometimes it seems as if every part of my life is caught up in the rush. Waiting seems almost out-

dated when I have fast food, money at the touch of a button, and instant credit.

Whatever happened to my 'stop and smell the roses' approach to life? Reluctantly, I feel it's time to take a lesson from my own slower-paced children, well before they too feel the need to rush through life. Intellectually, I know that many of today's problems are related to our desire for instant gratification — high credit card debts, homes we can't afford, expensive cars, etc.

The first step in teaching my own children how to wait is for me to learn to wait.

The next time I feel the need to tell the driver in front of me to hurry up or move out of my way, I'll think about the lesson my children are learning from the back seat — the expectation that life is all about pushing and rushing and expecting others to move out of my way. It won't be easy taming the "hurry-up" tyrant inside of me. Duct tape may be needed as a constant reminder.

But, I'm certain I'll experience special moments that might typically have been missed in my rush to complete one task and move on to the next one. The shared conversations in the car or

at bedtime, the time spent watching a line of ants cross the sidewalk, the afternoons at the park, and, most importantly, a more peaceful home environment will be the golden memories I didn't let pass because I was in too much of a rush.

So, is this the start of a more serene, calmer Mommy? Well, let's just say I'm going to try. In the meantime, I may need a few more of those cookie baking lessons to keep me on the right track. ♦

Malisa Rader is the parent coordinator for Iowa State University's Child Development Laboratory School.



Featuring Ames' best selection
of knitting & crochet books



The Rose Tree Fiber Shop

- Stocking both natural and man-made yarns
- Your only weaving & spinning shop in central Iowa
- Special orders welcome

2814 West St. Campustown Ames
Mon-Fri 12-5 Sat 10-3
and by appointment 292-7076

Talk About a Bright Future...

KD Gameroom Supply
Your Home Entertainment Experts
4813 W. Lincoln Way, Ames • 292-2997

hue & cry

Definition: Any loud clamor or protest intended to incite others to action.

Avoid the bridal trap

By Heidi Marttila-Losure



Gardens are starting to bloom in Ames, which means the wedding season can't be far behind.

And, if you want to follow what the wedding "experts" tell you, this will soon be followed by another momentous time of life: bill-paying/migraine season.

The book "Bridal Bargains" gives this perspective: *"According to the latest research, over \$20 billion will be spent this year by couples tying the knot."*

That's billion with a "b." And that's just the wedding and reception — add in another \$19 billion spent on gifts and \$8 billion on honeymoons and you've got a \$47 billion bridal juggernaut. We like to call it the Wedding Industrial Complex."

So how much of that bridal buying frenzy will you contribute to? The average wedding now costs nearly \$19,000, according to Bride magazine, but there is no reason you need to spend as much on your nuptials as you would on a new Ford Taurus.

Even the "bargain" wedding books seem to think that spending \$5,000 is about as low as a bride can go and still have a satisfactory celebration.

Well, I can attest that a wonderful wedding is possible for less

than \$1,500.

Not that everything went exactly as planned for my and my husband's wedding. The map I drew directing my in-laws to the rehearsal dinner in rural South Dakota apparently didn't work, which my in-laws realized after they passed a "Welcome to North Dakota" sign. And about three hours before the wedding, the best man realized the pants to his suit had been left neatly on the hanger in his closet in Minnesota. But really, these details just make the story of our wedding better. And it's a story I love to share — so here are my thoughts on a having wonderful wedding without breaking the bank.

Planning

Don't even bother looking through the shiny, ad-fat bridal magazines. Or at least, don't look through them first. They are intended to get you to buy things, and you'll get distracted by the things they tell you you'll need instead of the aspects of your wedding that will really make it meaningful. Instead, look through the wedding albums of your grandparents, parents, aunts and uncles, and friends, preferably with the people who star in the album. These people will not only help you keep your big day in perspective, they might also share some traditions you'll want to include in your wedding.

Rings

A wealth of symbolism is included in these bands. For example, the round shape itself is symbolic of perfection, holiness and

peace. But despite what the ads tell you, a diamond doesn't have to be a part of it. I didn't want a diamond partly because advertisers are way too pushy about telling me to buy them; I get suspicious when that happens. And apparently the industry isn't happy with the billions (really, billions) it rakes in from wedding and engagement rings — it's now encouraging more diamond consumption with the "Women, raise your right hand" campaign. For me, simpler was better. I have only one ring, a plain, brushed gold band. My husband has a plain silver one. They serve their purpose just fine.

Invitations

Nearly everyone has a computer and a printer these days, and most office supply stores have a selection of templates that can be used for wedding invitations. All you really need is a card with the invitation on it, a stamped RSVP card and a mailing envelope.

Dress

I wanted a handmade dress, and in the end, eight women (my mother-in-law and her sewing friend, my mom, my sister, my best friend, my aunt, my cousin and me) added their handiwork to my wedding gown. It was much more meaningful than any dress off the rack could have been. (And cheaper, too — materials came to \$133.)

Gifts

My one piece of advice on gift registries: Don't, under any circumstances, register for mugs. Mugs will find you anyway, and your mug shelf will be overflowing before your second anniversary.

Flowers and decorations

There is a reason so many weddings are planned for June — the weather is generally nice, and the gardens are blooming. If you have a favorite flower and want it in your wedding, do your budget a favor and plan to have your wedding when that flower is blooming.

I love lilacs, so our wedding was in May. A talented aunt, with a crew of helpers from the wedding party, harvested and arranged flowers from family gardens. I had purchased peach baskets for 75 cents each; they were lined with plastic wrap, a foam block was inserted and my aunt did magic with the blooms. Voila! Beautiful arrangements, and the only noticeable cost was for the foam blocks. Some floral tape, floral wire and ribbons were also purchased for the bouquets.

We had the same teamwork attitude for decorations — after the rehearsal dinner, everyone, including the men (who really did some of the best work), set about arranging and decorating the reception hall. It was mild chaos but great fun.

Food

My parents took care of this part of the celebration, so I gratefully let them worry about those costs. But we had fun with a picnic theme — we had five family friends designated as "grillmasters" who served up hamburgers and steaks. Other family members and friends helped with clean up.

Entertainment

I was lucky enough to marry into a musical family, and my in-laws put together an impromptu family band for the occasion. They were far more memorable than any deejay would have been.

There are other costs not included here, but you can get the idea of how we approached our big day. Remember, don't be afraid to ask for help. People love weddings, and most will be honored that you asked them to take part. And lastly, smile. When the flowers have faded and the cake has been eaten, a happy couple is what people will remember. ♦

Heidi Marttila-Losure is a copy editor at The Tribune and is a regular contributor to Facets. Contact her at hlosure@amestrib.com.

Did you know
96% of adults
believe an
attractive smile
makes a person
more appealing
to the opposite
sex?

Call today for your
FREE 20 minute
smile consultation.



JOHN E. CLARY, D.D.S.

JOHN E. CLARY, D.D.S.
232-0558

515 Grand Ave., Ste. 101 Ames

www.jclarydds.com



American Academy of Cosmetic Dentistry®
Committed to Excellence in Cosmetic Dentistry.

A Place for Everything



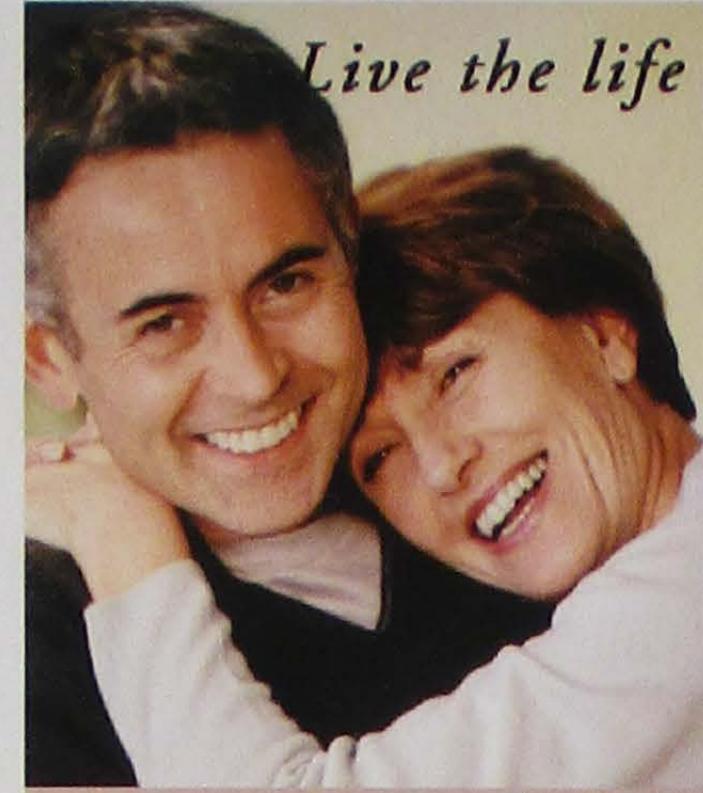
Unique Storage Ideas for the way you Live

Call To Schedule An Appointment For Your New or Existing Home Today!

KCS
KINZLER CONSTRUCTION SERVICES INC.

CLOSETMAID

West Lincoln Way • Ames • 292-5714
www.insulation.net



*Live the life
you've always dreamed of.*



SIZZLING SUMMER Sale



SMARTSTRAND.
made with DuPont Sorona® polymer

FLOORING GALLERY
PICTURE PERFECT FLOORS

Urbandale
11335 Meredith Dr.
515.270.0087

Windsor Heights
7215 University Ave.
515.279.8812

Des Moines-South
1500 E. Army Post Rd.
515.287.5000

Ankeny
1605 S.E. Delaware Ave.
515.963.4433

Ames
310 S. 16th St.
515.232.2200

Marshalltown
3110 S. 6th St.
641.753.3369

Newton
1810 1st. Ave. East
641.792.6644

Waterloo
1234 Flammang Dr.
319.233.1400

Sioux City
4501 Southern Hills Dr.
712.276.6600

Mason City
1704 S. Federal Ave.
641.423.6600

24 Month No Interest Financing*

www.FlooringGallery.com

* Minimum purchase required. Based on approved credit. Offer applies to qualified customers and is subject to terms and conditions. See store for financing details.